



# Virtual Groups for Kids, Tweens, & Teens

## June 2023 Schedule

Join one or more of our Virtual Events to help support your emotional and mental health!

### June 5 @ 5:30 pm. Internet Safety for Social Media

Target Audience: Middle School

Link to Register: <https://bit.ly/45vlye0>

### June 15 @ 5:30. Mindfulness and Relaxation Techniques

Target Audience: Middle School

Link to Register: <https://bit.ly/3MWLaJv>

### June 19 @ 5:30. Building Better Relationships at Home

Target Audience: Middle School

Link to Register: <https://bit.ly/3q49tvX>

### June 29 @ 5:30. Tackling Anxiety and Fear

Target Audience: Middle School

Link to Register: <https://bit.ly/3BS3Mnl>



Wishing everyone a happy end of the school year and a very safe and healthy summer break!

SPARC is pleased to present these virtual trainings through the support of MeckHope. These groups are open to any school aged youth in Mecklenburg County.

- Registration is required.
- The groups are limited to 8 individuals.
- Click on the link to register to register to attend any event you're interested in. Registration closes 2 hours prior to an event beginning.
- Parent/Guardian consent is required for any youth to participate. The link to the consent form is included with the registration. You only need to complete the consent one time, not for each group attended.
- If you register for an event and we do not have the completed consent form 2 hours prior to the event, you will be contacted by the facilitator and will not be allowed to join the event.
- Each month, there will be a new series of group topics to choose from.
- You can participate in as many groups as you wish